

## Abstract

The invention concerns a damping device for damping the kinetic energy of movable cabinet components, which has a first damping element with a first cylinder that has a first piston, which slides lengthwise in it, and at least one more (second) damping element with a second cylinder that has a second piston, which slides lengthwise in it. Both damping elements are located one behind the other in a serial arrangement and form an integral system. The invention is characterized by the fact that each of the two damping elements are each designed as pneumatic (air) dampers, and a compression chamber and an expansion chamber respectively contain variable volumes; whereby, the damping effects of the damping elements are affected by the guide canals, which control the air distribution and air flow within and between the compression chambers and/or expansion chambers.